

Carrot Ginger Soup

This is the best carrot ginger soup! It's easy, healthy and a delicious mesh of warm winter flavors that boasts many nutritional benefits!



4.94 from 81 votes

Prep Time
30 mins

Cook Time
30 mins

Total Time
1 hr

Course: Soup Cuisine: American

Keyword: carrot ginger soup, carrot ginger soup recipe

Servings: 4 servings Author: Lisa Bryan

Ingredients

- 2 tbsp avocado oil or olive oil
- 1 medium onion diced
- 3 cloves garlic minced
- 3 tablespoons ginger minced or finely diced
- 2 pounds carrots peeled and chopped
- 4 cups vegetable broth
- 1 bay leaf
- 1 teaspoon cinnamon
- 1 teaspoon salt
- Optional toppings: coconut cream, crispy shallots, toasted pine nuts and cilantro

Instructions

1. Heat the oil over medium-high heat in a large pot. Add the onions and cook for 1 to 2 minutes or until translucent.
2. Add the ginger and garlic to the pot and stir for another minute.
3. Place the chopped carrots in the pot and stir to combine. Cook for 10 minutes, stirring often.
4. Add the broth, bay leaf, cinnamon and salt to the pot. Bring to a boil, then cover and turn the heat to low for a gentle simmer. Cook for 20-30 minutes or until the carrots are soft when pierced with a fork.
5. Turn off the heat and remove the bay leaf. Blend the soup with an immersion blender or transfer the soup to a high-powered blender. Blend the soup until it's pureed and smooth.
6. Divide each portion of soup into a bowl. If you'd like, swirl one tablespoon of coconut cream on top and garnish with crispy shallots, toasted pine nuts, and cilantro.

Nutrition

Calories: 186kcal | Carbohydrates: 29g | Protein: 3g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 1680mg | Potassium: 799mg | Fiber: 7g | Sugar: 14g | Vitamin A: 38393IU | Vitamin C: 16mg | Calcium: 92mg | Iron: 1mg